

## **Appendix 1**

**Round 1 open-ended responses and rationale generated by the experts to the following question:**

**What intervention components do you believe would be the best bets for helping people reduce their alcohol consumption?**

1. Action planning
  - Plans for how to avoid specific triggers for drinking or cope with the motivation to drink when it occurs
  - Self-monitoring is more effective when combined with action planning
2. Behaviour substitution
  - Prompt substitution of the unwanted behaviour with a wanted or neutral behaviour
  - E.g. instead of having a birthday party at a bar, doing some other activity, such as paintballing
3. Environmental triggers and drivers
  - Identify specific triggers and drivers that generate the urge/want/need to drink
  - E.g. pressure to attend pub after work regularly
4. Feedback in relation to goals
  - Related to the one or more goals set and any cumulative goals
  - Needs to give warnings as get near the limit for session, day, week, etc
  - Individualised feedback and information has more relevance and salience

## 5. Feedback in relation to people

- Consistent overestimation of the drinking levels of peers
- Social norms/normative feedbacks approaches are effective in correcting misperceived norms to reduce alcohol consumption and alcohol-related problems

## 6. Goal-setting

- Set clear goals for a) session, b) day, c) week and cumulative goals
- Tailored to the needs of the client
- Meaningful and achievable goals

## 7. Habit reversal

- Prompt rehearsal and repetition of an alternative behaviour to replace an unwanted habitual behaviour
- E.g. have a soft drink every other round

## 8. Inhibition training

- Poor inhibitory control has been found to have a causal link with heavy drinking and alcohol problems
- Inhibitory control can be experimentally manipulated ('trained'), which results in reduced alcohol consumption
- Multiple training sessions may be a viable way to help people to reduce their alcohol consumption
- An example of inhibition training is approach-avoidance training: where participants are implicitly trained to avoid or approach alcohol-related stimuli

## 9. Monitoring

- People are generally unaware of the level at which they drink
- Important accompaniment to goal setting
- As easy and quick to implement as possible
- Options for different ways of doing it (e.g repeat last drink, catch-up on missed drinks)

## 10. Motivational interviewing

- Techniques involving prompting the client to provide self-motivating statements and evaluations of own behaviour to minimise resistance to change
- Proven effective in drug abuse and related problems

## 11. Provide information

- Raising awareness of the consequences of drinking different amounts of alcohol might prompt behaviour change
- Brief information (when given by expert/authoritative figures like doctors) can be very effective to curb problem drinking and related problems
- This could include information on the alcohol related risks for different demographic groups

## 12. Reward

- Provide rewards contingent on successfully reducing excessive alcohol use/abstaining